UCSF
Newsbreak

News for the UCSF Campus Community

VOL. 12, NO. 12 JUNE 24, 1997

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Campus violence minimal in 1996

By LISA CISNEROS

Violent crime on campus remains relatively rare, according to the 1996 annual report of crime statistics.

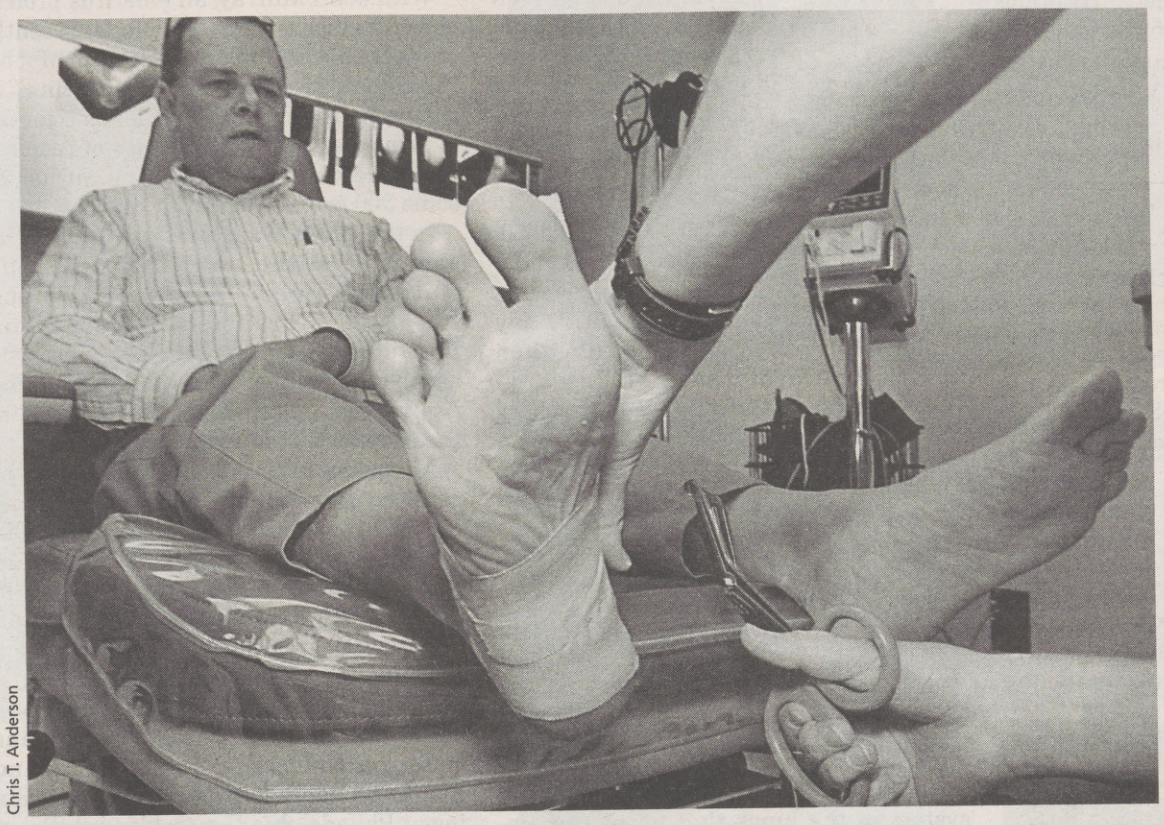
The University was free from rape and robbery last year and UCSF hasn't had a case of homicide for more than 20 years — as long as Sgt. Jerome Graham has been on the force. He started at UCSF on Aug. 1, 1975.

But that's not to say that the campus community was entirely out of harm's way last year, he says. Police confiscated two firearms and a knife, dealt with two gang-related and 17 alcohol-related offenses, and intervened in one domestic violence dispute. Eight officers were assaulted while on duty last year with all but one escaping personal injury.

In addition, police responded to six cases of aggravated assault, which involved an unlawful attack by one person upon another for the purpose of inflicting bodily injury. One adult male who is not affiliated with UCSF was arrested for aggravated assault last year. Police also investigated four reports of non-violent

(See **Crime** on page 6)

Kickin' it at the VA Medical Center



Chris T. Anderson

Veteran Michael Bones had his foot taped recently during the free foot clinic at the San Francisco Veterans Affairs Medical Center. In "Operation Golden Feet," held June 12-14, the VAMC team of podiatrists and other health care practitioners saw more than 500 people come in for consultation and treatment on diabetic, athletic and general foot problems. Veterans were tested at the clinic for blood glucose levels, cholesterol, blood pressure and body fat. The VAMC plans to hold another foot clinic for veterans in the fall.

UCSF Foundation elects members

The UCSF Foundation has elected six new members to its board of directors and 14 others to its membership, effective July 1.

Robertson

Jeanne Robertson, a current UCSF Foundation director, was elected chair of the UCSF Foundation board of directors for a one-year term. Attorney William K. Coblentz, former chair of the UCSF Board of Overseers and of the UC Board of Regents, was elected as the new vice chair of the board.

"This is a very exciting time for the University, and I feel privileged to be a part of it," said newly elected chair Robertson. "Interesting challenges are on the horizon; with the proposed UCSF/Stanford merger and the prospect of a new major site, we need to work together to foster the public/private partnership so crucial to the University's future health."

Coblentz

"Public universities must learn to do better what private colleges have done well for a long time — raise funds from the private sector. This is the mission of the UCSF Foundation — to strengthen the bridge between UCSF and the larger community," Robertson emphasized.

Elected to the board for three-year terms were bank executive David A. Coulter, venture capitalist Roger L. Evans, film producer and writer Sandra Lloyd, investment specialist William E. Oberndorf, and vintner W. Clarke Swanson Jr.

Other new Foundation members are Paula Brooks, founder and president of Unitech Software in Reston, Va.; Carol

(See **Foundation** on page 3)

Enzyme that repairs proteins may have role in aging, study says

By ALICE TRINKL

An enzyme that functions to repair damaged proteins in the cell may be a vital player in how organisms age and die, researchers from the Gladstone Institute of Cardiovascular Disease and UCLA have reported.

The enzyme, called PCMT (short for L-isoaspartyl methyltransferase) is found in many organisms from bacteria to humans and in every tissue in the human body, with particularly high concentrations in the brain. The major function of the enzyme is to repair proteins — the essential building blocks of cells.

When the researchers developed genetically engineered mice without the enzyme, they found that these mice were smaller than normal mice and that all of the enzyme-deficient mice suffered seizures and died before they were 60 days old, the equivalent of late adolescence in a mouse's lifespan, says Edward Kim, a postdoctoral fellow at the UCSF-affiliated Gladstone Institute and first author of the study.

"When we looked at the mice that we had genetically engineered on a biochemical level, we found that there was a large increase in the number of damaged proteins in their cells compared to normal mice. The increase was at least four times as much in most tissues throughout the body, and in the brain tissue it was eight times more," adds Kim, who also is a UCSF fellow in cardiology.

The protein repair enzyme normally "recognizes" defective proteins and repairs them so they can function, Kim says. There are several theories about how and why cells age, among them that a cell ages when it can't rid itself of its "garbage" — such as defective proteins. Findings in this study, published in the June 10 issue of the Proceedings of the National Academy of Sciences, show that the brain cells seemed particularly sensitive to the accumulation of aged proteins and these proteins most likely caused the seizures. There could also be external reasons for a cell's aging, including exposure to carcinogens and other environmental insults, Kim says.

Earlier studies have shown the protein repair enzyme performing the cleanup function in a test tube. Much of the initial work to characterize this protein repair enzyme has come from the laboratory of Steven Clarke, of the UCLA Department of Chemistry and Biochemistry, who is a co-author of the current study.

"This is the first study to show that the enzyme serves to repair defective proteins in an animal," says Kim. "Now that we have this information we are starting to investigate possible roles that this enzyme may play in human diseases such as neurodegenerative diseases and seizure disorders."

Other study co-authors are Stephen Young, senior scientist, Gladstone Institute, and UCSF professor of medicine; and Jonathan D. Lowenson and Duncan C. MacLaren, of the Department of Chemistry and Biochemistry/UCLA. Kim and Young are both members of the UCSF Cardiovascular Research Institute.

State legislators lead Congress in taking tobacco industry money

By REBECCA HIGBEE

The tobacco industry contributed a total of $1.2 million to state legislative officeholders and candidates between Jan. 1, 1995, and Dec. 31, 1996, according to a new analysis by researchers at the UCSF Institute for Health Policy Studies.

The analysis found that on a per member basis, California legislators in 1995-96 received about $5,000 more in contributions from the tobacco industry than members of Congress.

"Despite this money, there is evidence that public health groups are making progress in countering the tobacco industry in the state legislature," says senior author Stanton A. Glantz, UCSF professor of medicine and policy researcher.

The UCSF report contains a discussion of a 1987 state law known informally as the "napkin deal," which provides the tobacco industry immunity from product liability actions. According to the report, Attorney General Dan Lungren previously had stated that the "napkin deal" prevented the state from suing the tobacco industry to recover MediCal costs for treating tobacco-related disease; however, the UCSF researchers conclude that the law did not preclude the state from filing a lawsuit. The report points to lawsuits by other states that allege fraud, violations of state business and professions codes, violations of racketeering laws, violations of antitrust laws, and breach of warranty, none of which are product liability claims.

At the time the UCSF analysis was written, the state of California had not taken legal action against the tobacco industry. Since then, Lungren announced June 12 that California would join 36 other states in suing the tobacco industry. Researchers report that Lungren was the top recipient of tobacco industry campaign contributions among the state constitutional officers in 1995-96, receiving $28,500. Other findings of the UCSF report include:

- Both Assembly Speaker Cruz Bustamante (D-Fresno), with $63,750, and Senate President pro Tempore Bill Lockyer (D-Hayward), with $127,875, received more money from the tobacco industry in 1995-96 than US House of Representatives Speaker Newt Gingrich, with $30,500.
- The top three recipients of campaign contributions in California in 1995-96 received more than the top three recipients in Congress in 1995. Lockyer, Assembly Member Curt Pringle (R-Garden Grove), and Assembly Member Curtis Tucker (D-Inglewood) received $127,875, $105,750, and $93,926 respectively. Senator Jesse Helms (R-North Carolina), Senator John Warner (R-Virginia), and Representative Bart Gordon (D-Tennessee) received $48,500, $35,150 and $33,000 respectively.

Gazette

Two elected to American Academy of Arts & Sciences

Stephen L. Hauser, UCSF professor and chair of neurology, and Cynthia Kenyon, professor of biochemistry and biophysics, were recently elected to the National Academy of Arts and Sciences.

Hauser

A neuroimmunologist, Hauser is a principal investigator for the UCSF team that is collaborating with four other institutions in continuing research of the Multiple Sclerosis Genetics Group. Last year, the group reported that it found strong evidence that an elevated risk for MS, an inflammatory neurologic disorder that affects more than a million people worldwide, can be inherited.

While specific causes of MS remain a mystery, Hauser is responsible for one of the first clinical trials that demonstrated a benefit of immunosuppression on the course of progressive MS. Currently, there is no cure and few drugs to treat the disorder, in which the immune system mistakenly attacks the insulating sheath that surrounds many nerves in the brain and spinal cord. Loss of this insulating material, called myelin, leads to faulty signaling of nerves and may cause a multitude of symptoms such as blurry vision, fatigue, loss of movement and memory impairment.

Kenyon

Kenyon's current research at UCSF focuses on genetic factors that contribute to the life span of warm-blooded animals. By learning what controls the life spans of mice, canaries and bats — which live two, 13 and 30 years respectively — she hopes to solve some of the mysteries of how we age. Kenyon believes the key to this mystery may be some short-lived transparent worms, known as *Caenorhabditis elegans*.

One of a few geneticists in the field of aging who have isolated "life span genes," Kenyon looks at this simple nematode and the gene mutations that occur. Her laboratory already has discovered that mutations in the gene, daf-2, doubles the life span of the worm, which lives only two weeks. That gene and another , daf-23, are now considered two of a group of yet-to-be found worm "life span genes." Once found, they will be cloned, or identically reproduced and probed endlessly until their molecular activities are deduced.

Kenyon theorizes that the difference in life spans may stem from a dedicated and genetically based regulatory mechanism that makes different general settings on a lifespan dial, setting which can be influenced, but not changed, by other genes and lifestyle choices.

Election to the American Academy of Arts and Sciences represents distinction and achievement in work that is responsive to the needs and problems of society. Founded during the American Revolution by individuals, such as John Adams, the academy recognizes great accomplishments in physical and biological sciences, social arts and sciences, and humanities and fine arts. Its fellows and honorary members include 168 Nobel Prize laureates and five Pulitzer Prize winners.

Hauser earned his BS from the Massachusetts Institute of Technology (MIT) in 1971 and graduated magna cum laude with a medical degree from Harvard Medical School in 1975. He trained in internal medicine at the New York Hospital –Cornell Medical Center and in neurology at the Massachusetts General Hospital–Harvard Medical School.

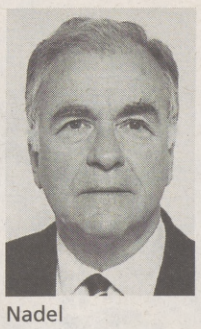
Kenyon received her PhD in biology from MIT and pursued her postdoctoral research at the Medical Research Council's Laboratory.

Nadel earns lung association medal

Jay A. Nadel, UCSF professor of medicine and radiology, has been named this year's recipient of the prestigious Edward Livingston Trudeau Medal of the American Lung Association.

The medal is presented annually for major scientific achievement in the prevention and treatment of lung disease.

Nadel received the award last month at the joint meeting of the American Lung Association and the American Thoracic Society in San Francisco.


Nadel

First awarded in 1926, the medal honors Edward Livingston Trudeau, a distinguished scientist and founder of the lung association, who served as its first president.

Nadel joined the UCSF faculty in 1960, and for the past 20 years has served as director of the Multidisciplinary Pulmonary Research Training Program at UCSF's Cardiovascular Research Institute. More than 2,000 pulmonary scientists from over 20 countries have trained in the program, and many now hold leadership positions in medicine in their respective homelands.

Since 1983, Nadel also has served as director of the UCSF Cystic Fibrosis Research Center.

At UCSF, Nadel's research has focused on the effects of air pollutants on lung biology, and work in his laboratory has contributed to the concept of asthma as an inflammatory disease. His research group discovered the water and salt transport system in the lungs that keeps the airways lubricated, an important contribution that has led to current understanding of the disease process of cystic fibrosis.

Currently, Nadel is concentrating his research efforts on interactions between cells in the lungs that secrete mucus. During a viral infection like a cold or after inhaling allergic particles such as pollen, certain cells — called goblet cells — often explode, creating excess mucus in the lung. He is exploring the ways these excess secretions can lead to death in asthma patients and new treatment methods.

With John Murray, an emeritus professor of medicine at UCSF, Nadel recently co-edited the second edition of the "Textbook of Respiratory Medicine," a comprehensive work that blends scientific principles with the practice of respiratory medicine. He is also the author of some 300 original scientific articles.

In the 1960s, Nadel was involved in the evolution of the lung division at the National Heart, Lung and Blood Institute, a branch of the National Institutes of Health. He also has served as a board member of the American Lung Association, and he is a past president of the American Thoracic Society.

A resident of San Francisco, Nadel has received numerous awards and honors, including honorary doctorates in medicine from the University of Ferrara in Italy and from the University of Lund in Sweden. He also recently received an honorary degree in law from Dickinson Law School in Philadelphia.

He earned his MD degree from Jefferson Medical College of Thomas Jefferson University, Philadelphia, and completed internship and residency training at Philadelphia General Hospital.

Harris wins MacArthur award

UCSF scientist Eva Harris, one of the winners of the prestigious MacArthur Foundation Fellowships announced last week, first witnessed 10 years ago the devastating impact of the tropical diseases she now studies.

Fresh out of Harvard and already having practiced science in Boston, Paris and Switzerland, she set out for war-torn Nicaragua. She ended up at the Ministry of Health, full of ideas on how to use molecular biology — the study of the mechanisms by which genetic blueprints lead to the production of proteins — in the service of medicine.

Harris

Harris, a researcher in the department of stomatology laboratory of renowned molecular biologist Nina Agabian, was honored by the MacArthur Foundation for developing techniques to diagnose and treat disease in Central and South America.

She will receive a $210,000 unrestricted, "no strings attached" stipend covering the next five years. Because of her grassroots efforts over the years, according to the MacArthur Foundation, scientists in Nicaragua, Ecuador, and other countries initiated and expanded their use of DNA diagnostic technologies to identify the protozoan, bacillar, and viral strains that lead to outbreaks of infectious diseases. These technologies are also being integrated into the public health systems of these countries. Harris is establishing a nonprofit foundation, Sustainable Sciences Institute, to carry out appropriate technology transfer and to foster collaboration at an international level.

In the past several years, the 31-year-old scientist has been energized by the experience of having her own, positive impact, through the training of Latin American scientists to diagnose tropical diseases. With vaccines nonexistent, diagnosis leading to treatment serves as the foundation for disease containment in these countries.

These scourges affect countries too poor to attract the interest of companies that develop and market diagnostic kits in industrialized nations.

Harris received her BS from Harvard University and PhD from UC Berkeley.

Honors & Awards

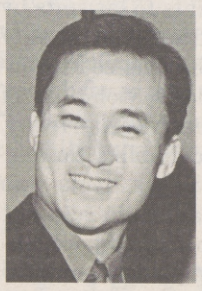
Matthew Huddleston, medical student: Third-place winner of the Northeastern Ohio Universities College of Medicine's 1997 William Carlos Williams Poetry Competition. Huddleston took third place for "A Map of the Mind," and an honorable mention for "Poem for My Daughter." Sponsored by the College's Human Values in Medicine Program, the contest was judged by physician-poet John Stone, a physician, poet and essayist from Emory University School of Medicine in Atlanta.

Lois B. Epstein, professor emeritus, pediatrics and her husband, **Charles J. Epstein,** professor of pediatrics and chief, division of medical genetics: Received honorary degrees and gave addresses during the Northeastern Ohio Universities College of Medicine Class of 1997 commencement on May 24.

Vera H. Price, professor of clinical dermatology: Received the 1997 Rose Hirschler Award presented annually by the Women's Dermatologic Society to physicians who have made significant contributions to medicine and dermatology, and who by their achievements have served to enhance the role of women in dermatology. This award is named in honor of Dr. Hirschler, the first known female dermatologist in the US. Price received the award recently at the annual meeting of the American Academy of Dermatology in San Francisco.

Price

Joseph I. Song, resident, radiation oncology, SFGH: Awarded the Glaxo Wellcome Achievement Award as one of 50 outstanding young medical professionals by the American Medical Association at its annual leadership conference. Song is past president of the California House Officers Medical Society and served as a delegate to the California Medical Association House of Delegates. He headed the California resident delegation to two AMA meetings. He was also vice chair and chair of the Massachusetts Medical Society Medical Student Section.


Song

Appointments

Michael A. Alvarez: Appointed as director of the UCSF Career and Student Employment Center. He will begin his work at UCSF in July.

Guided by an advisory board including representatives from various campus groups, Alvarez will develop the programs and services of the career center to meet the needs of students, postdoctoral scholars and alumni in all four schools and the Graduate Division. Center staff will work to identify and serve unmet career planning and placement needs to augment what's currently offered on campus.

Alvarez earned his baccalaureate degree in psychology and philosophy in 1990 and a master of arts in counseling psychology in 1994 from Boston College. He did his master's internship at Emanuel College in Boston where he designed, developed and extended career workshops and programs for the student body. He also provided formal career and psychosocial counseling during this internship.

Since July 1995, Alvarez has worked full time for Andersen Consulting LLP, where he provided management consultation to organizations in business and industry, helping his clients to establish business priorities and implement structures through which technology and employee performance can be effectively integrated.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received May 16 -31, 1997.

$100,000 - $499,999
American Health Assistance Foundation
The Irving Harris Foundation
The Robert Wood Johnson Foundation
Kenneth Rainin

$25,000 - $99,999
Arthritis Foundation
C.M. Capital Corporation
The J.M.D. Cha Family
Richard H. Chartrand Eye Research Foundation
Mr. and Mrs. Richard P. Gross
The San Francisco Foundation
Paul Sasaki '82
Albert L. and Janet A. Schultz Supporting Foundation
SmithKline Beecham Corporation

UCSF Newsbreak

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Deadline for the next issue, to cover July 1–7, 1997, will be on **Wednesday, June 25.** Please send news to Lisa Cisneros at 476-3256 (cisnero@itsa.ucsf.edu), features to Brad Foss at 476-3163 (bfoss@itsa.ucsf.edu), and calendar items to Nancy Heller at 476-8810 (nheller@itsa.ucsf.edu), all at Box 0462. Fax last-minute copy to 476-3541. For address and distribution changes, call C.J. Burleson at 476-6791.
The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. To view this communication in an alternate format, contact Cisneros at 476-3256 with your suggestions.

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Graduation 1997

Photos by Chris T. Anderson

After receiving their diplomas from the UCSF School of Nursing, graduates, at top from left, Dayna Greene, Rhonda Burton, Jim Ridder and Jennifer Cooper relax and celebrate with big smiles. Carol Evans, above left, makes some last-minute adjustments to Anne Stahl's regalia before the School of Nursing commencement ceremony.

Nursing honors top students, faculty

The School of Nursing paid tribute to outstanding students and faculty at graduation ceremonies recently. The following were winners of the School's major awards:

Outstanding Master of Science Student Award: Sabrina Wong for demonstrating leadership, scholarship, expertise in an area of specialization, and potential for significant contribution to nursing and scholarship.

Distinguished Dissertation Award: Jeanne Kemppainen and Sara Weiss share this award, which is given to doctoral students whose dissertation best exemplifies scholarliness and innovation, and best contributes to the discipline of nursing.

Nursing Alumni Student Award for Meritorious Service: Lili Tom is the winner of this award, which recognizes a graduate who has made a significant contribution in service to the community.

Excellence in Teaching Award: Suzanne Henry, DNS, assistant professor of mental health nursing, was chosen for this award by members of the 1997 graduating class.

Mentor of the Year–Doctoral Program: Adele Clarke, associate professor of social and behavioral sciences was honored this year.

At the graduation ceremony for the department of psychiatry, Robin Randall, left, receives his diploma and congratulations from Vernnez Rockett, administrator of the residency training program in psychiatry. Randall won the Laughlin Award with his classmate Manjeev "Angel" Khush.

Psychiatry residents get recognition

The department of psychiatry honored graduates and faculty at its commencement ceremony on June 6. The following are winners of the resident awards:

Henry F. Abronda, MD, Memorial Award: David Cherry is the recipient of this award, named after a member of the faculty whose memorial gifts were sufficient to establish a fund in the department. The award is given to a resident at the PGY IV level who has demonstrated unusual concern for the welfare of his/her patients and exceptional therapeutic skills in their treatment — qualities which Albronda sought to instill in his students.

Alexander Simon, MD, Award: Descartes Li and Jonathan Nye accepted this annual award to psychiatric residents in the PGY IV level of training who have demonstrated an exceptional commitment to, and an excellence in, teaching activities.

Edwin F. Alston Award: Maria Daehler and Patricia Lester were given this award, which recognizes an outstanding psychiatric physician. The awardees exemplify in their practice the integration and application of the knowledge of the field of psychiatry, including excellent diagnostic ability, skillful and sensitive use of psychotherapies and understanding of social and cultural issues and their impact on individual care.

Laughlin Award: Robin Randall and Manjeev "Angel" Khush were honored with this award, which is given to resident(s) who demonstrate excellence in therapeutic skills and dedication to the welfare of patients.

Creative Resident Award: Patricia Lester received this award, which recognizes outstanding creative contribution during his/her basic residency training. The contribution may be in a professional area, including a completed manuscript for publication, or a public service activity.

Foundation (from page 1)

Franc Buck, president and trustee of the Carol Franc Buck Foundation; Carolyn Butcher, civic and community volunteer; Ann Moller Caen, civic and community volunteer; Doris Fisher, co-founder, merchandising consultant and director of The Gap, Inc.; Meg Goodman, partner in 2 M & G Marketing Arts; Mary Hamilton, manager of Polo/Ralph Lauren in San Francisco; Mary Lester, civic and community volunteer; Milton Marks, retired California state senator; James Molinelli, president and CEO of the California State Automobile Association; Maridel Moulton, strategic planner and group facilitator with Maridel M. Moulton Organizational Development; Claude Rosenberg Jr., partner and founder of RCM Capital Management; Elle Stephens, civic and community volunteer; and James Vaughn, former chair of the Hogg Group and director of its Art Loss Registry, both of London.

The UCSF Foundation, established in 1982, is a nonprofit corporation that develops and accepts private gifts to UCSF and manages funds in support of UCSF's mission in research, teaching, patient care and public service. More than 100 distinguished community leaders, University administrators, faculty and alumni representatives make up its membership. The UCSF Foundation is governed by a board of directors elected from its membership.

Robertson, a former educator, is chair of the advisory council to the board of directors of the Friends of Langley Porter Psychiatric Institute (LPPI) and a former president of the Friends of LPPI. She has served as a volunteer for this organization for more than 10 years.

In 1994, Robertson and her husband established the Jeanne and Sanford Robertson Chair in Neurobiology and Psychiatry at UCSF in recognition of the work of Samuel H. Barondes, professor and director of the Center for Neurobiology and Psychiatry at LPPI.

Robertson is a director and vice president of the National Alliance for Research on Schizophrenia and Depression.

As chair of the UCSF Foundation Relations Committee, Robertson set her sights on increasing the visibility of UCSF within the larger San Francisco Bay community. She outlined special events, the Foundation's Visiting Committee Program, and the involvement of community leaders as ways to achieve this goal.

She attended Wellesley College and received her BS degree from Northwestern University.

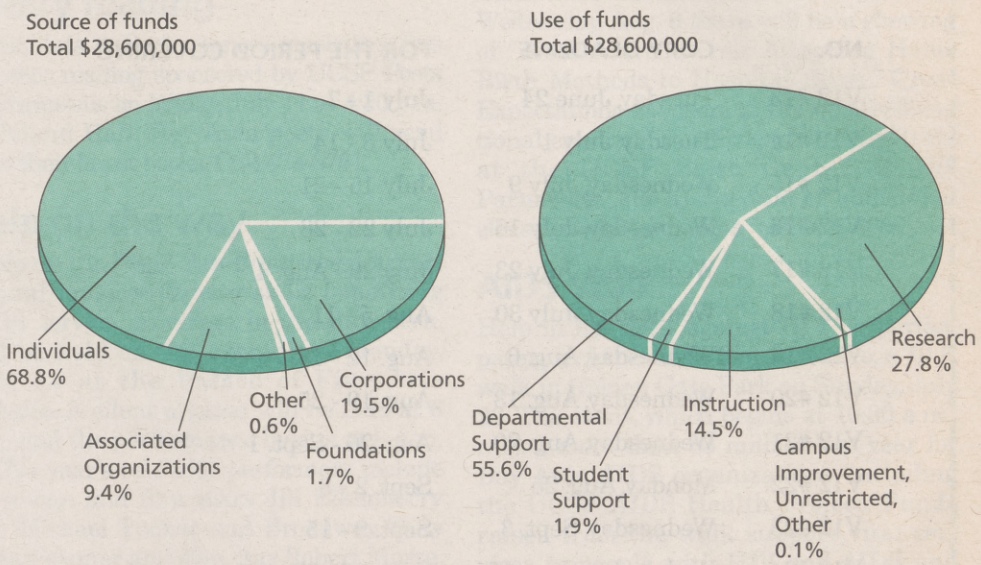
Coblentz is a senior partner in the San Francisco law firm Coblentz, Cahen, McCabe & Breyer. Currently, he is a director of McClatchy Newspapers Inc., the Koret Foundation, and the Public Policy Institute of California. He is a former director of the Pacific Telesis Group and a director emeritus of the Exploratorium.

His affiliation with UCSF also includes service as a former member of the board of directors of Mount Zion Hospital. In 1985, Coblentz received the UCSF Medal, the most prestigious award given by the campus to people from the community who have made outstanding personal contributions in the health sciences and whose efforts mirror the goals and values of UCSF. He received his BA degree from UC Berkeley and his law degree from Yale University.

INSIDE UCSF

UCSF FOUNDATION SUPPORT

Private support is a critically important factor in UCSF's success.



Source: Annual Report, UCSF Magazine, April 1997

June 24–30, 1997

24 Tuesday

INFORMATICS CLASSES: The UCSF Library offers a class on Informatics Training, 10 a.m.-noon. ILC Classroom at 222 Library (PC) and SFGH Library. Call 476-2337 or visit www.library.ucsf.edu/ed/ class for schedule.

NEW EMPLOYEE ORIENTATION: S 214, 8:30-10:30 a.m. Call Leonard Florendo at 476-1073 to schedule.

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, 12-1 p.m., N 617. Free. Call 584-4416 to register.

SLEEP WELL: Learn basic techniques to improve sleep patterns for a good night's sleep, 1:30-3 p.m. UCSF/Mount Zion, 2200 Post Street (Hellman Conference Room). Co-sponsored by Aetna Senior Choice.

25 Wednesday

NEWSBREAK/MEDSOUNDS DEADLINE FOR NEXT ISSUE

DON'T GET CAUGHT SHORT OF BREATH: Learn about asthma care management, 9-11 a.m., 3700 California St., Rooms A, B, CPMC. Co-sponsored by Health Net Seniority Plus and Zeneca Pharmaceuticals.

LAUREL HEIGHTS BLOOD DRIVE: Donate blood, 10 a.m. - 2 p.m., Laurel Heights Chancellor Conference Room, 3333 California St. Call 476-6989.

BROWN BAG LECTURE: Marie-Josee Thibault presents *Healthy Young Skin*, a description of the most up-to-date skin rejuvenation procedures and alternative medicine approaches to looking better, 12-1 p.m., N 225. Call 476-4394.

UCSF STANFORD HEALTH CARE STAFF BENEFITS FORUM: Presentation of employee benefit package that UCSF Stanford Health Care will be offering to staff. Forums will answer questions related to these benefits. 12-1:30 p.m., Mission Center.

26 Thursday

UCSF STANFORD HEALTH CARE STAFF BENEFITS FORUM: Presentation of employee benefit package that UCSF Stanford Health Care will be offering to staff. Forums will answer questions related to these benefits. 9:30-11 a.m. UCSF/ Parnassus- N225. 12-1:30 p.m. UCSF/Mount Zion-Herbst Hall, 3:30-5 p.m. Parnassus - N 225.

DISCUSSION OF GAY ISSUES IN SCHOOL: Presentations of videos *Camp Lavender Hill* (11:30 a.m.-noon & 5-5:30 p.m.) and *It's Elementary* (12-1:30 p.m. & 5:30-7 p.m.). S 214. Free. Call 476-5222.

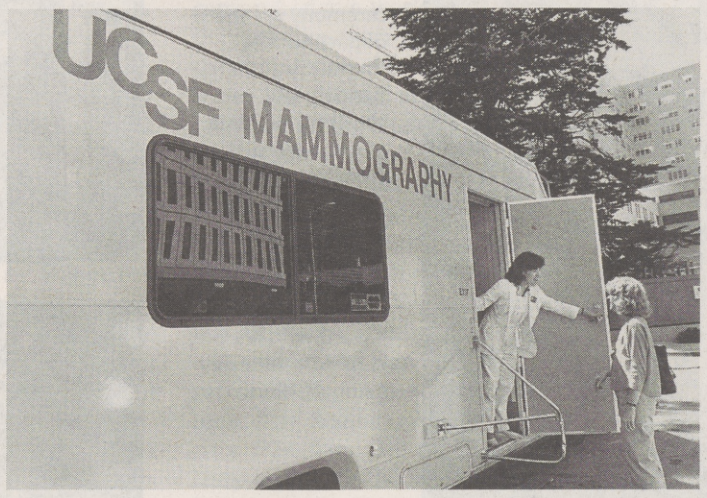
Adams

UCSF STAFF COUNCIL GENERAL MEETING: Affirmative Action office experts Michael Adams and Sandra Avila, and Paul Riofski and Renate Valencia — chair & chair-elect of the Council — present *Being Yourself in the Workplace,* 12 p.m., HSW-303. All are welcome. Call 476-4752 for more information.

27 Friday

UCSF STANFORD HEALTH CARE STAFF BENEFITS FORUM: Presentation of employee benefit package that UCSF Stanford Health Care will be offering to staff. Forums will answer questions related to these benefits. 8-9 a.m. UCSF/ Lakeshore – 1569 Sloat Blvd., Suite 314. 12-1:30 p.m. Parnassus – N225.

NATUROPATHIC MEDICINE: Learn about the essence of holistic medicine in its training, guiding principles, eclectic scope and style of practice, noon, N 217. Sponsored by the Institute of Healing Arts and Sciences. Call 584-4416.



30 Monday

BETTER VISION NOW: Presented by John Stanley, professor of ophthalmology, 6 p.m. Beckman Vision Center, 8 Kirkham Avenue. New surgery options for the correction of near-sightedness and astigmatism — from laser surgery to corneal implants. Free. Call 476-5021.

LAST DAY FOR INTRAMURAL SIGN UPS: Registration for summer intramurals ends. Entry forms can be picked up just outside the Millberry Union Fitness Center entrance. Mail entries to Blair Hoover, IM entry, Box 0234. Payment is accepted only by checks made out to UC Regents. Call 476-0356.

UCSF MOBILE MAMMOGRAPHY VAN: On Taraval between 17th & 18th Avenues. See page 5 for complete information.

UCSF'S ELECTRONIC DAILY
DAYBREAK
FOR DAILY NEWS GO TO www.ucsf.edu/daybreak/

CONTINUING EDUCATION

MEDICINE

25th Annual Advances in Internal Medicine. Through Friday, June 27. UCSF.

Family Practice Board Review Course. Monday, July 7 through Thursday, July 10. San Francisco.

Critical Care Cardiology. Thursday, August 7 through Saturday, August 9. San Francisco.

Essentials of Primary Care: A Core Curriculum for Practice in the Managed Care Era. Monday, August 18 through Friday, August 22. North Lake Tahoe.

Clinical Care of the AIDS Patient: Summer Symposium. Thursday, August 21 through Tuesday, August 26. Sun Valley, Idaho.

For more information, call 476-4251.

COMPUTER TRAINING

Facilities Management offers a variety of classes at different levels for PC and MAC users, including Microsoft Word, Access, FileMaker, Excell and Netscape Navigator. All classes held at the FM Training Room, 3130 20th Street. Shuttles leave from UCSF/Mount Zion, Parnassus and SFGH. Half-day class is $135, full-day is $215. Call 476-6825.

DEVELOPMENT & TRAINING

Solving Real Communication Problems. Thursday, June 12, 9 a.m.-noon. $70.

For more information, call 476-4032.

INFORMATICS CLASSES

The UCSF Library offers the following Informatics Training Seminars. Classes are held in S 165A Medical Sciences Building (MSB), the ILC Classroom at 222 Library (LIB) and the San Francisco General Hospital Library (SGFH). Please call 476-2337 for a complete schedule or check out the Informatics website at http://www.library.ucsf.edu/ed/class/

Introduction to MEDLINE. Tuesday, June 24, 10 a.m.-noon. (MSB)

CRIME PREVENTION

Presentations are made by the UCSF Police Department to campus departments and employees in the workplace by appointment. Call 476-5683.

RAPE PREVENTION

Personal safety, rape and assault prevention presentations are sponsored by the UCSF Rape Prevention Program. For an appointment, call 476-5222.

The all-new Newsbreak/Medsounds schedule

As Newsbreak/Medsounds shifts to a weekly schedule, the calendar will cover events slated for the Tuesday distribution date through the following Monday.

Submissions to the calendar must now be received in the department of Public Affairs in writing by 11 a.m. on the Wednesday prior to the publication date unless otherwise noted. Send calendar information to Nancy Heller at nheller@itsa.ucsf.edu, or Box 0462, or send a fax to 476-3541.

Below is the revised Newsbreak/ Medsounds schedule, which includes deadlines for materials submitted for publication. Please clip out this deadline schedule and keep it handy for reference.

NO.	COPY DEADLINE	FOR THE PERIOD COVERING
V12 #13	Tuesday, June 24	July 1 - 7
V12 #14	Tuesday, July 1	July 8 - 14
V12 #15	Wednesday, July 9	July 15 - 21
V12 #16	Wednesday, July 16	July 22 - 28
V12 #17	Wednesday, July 23	July 29 - Aug. 4
V12 #18	Wednesday, July 30	Aug. 5 - 11
V12 #19	Wednesday, Aug. 6	Aug. 12 - 18
V12 #20	Wednesday, Aug. 13	Aug. 19 - 25
V12 #21	Wednesday, Aug. 20	Aug. 26 - Sept. 1
V12 #22	Monday, Aug. 25	Sept. 2 - 8
V12 #23	Wednesday, Sept. 3	Sept. 9 - 15
V12 #24	Wednesday, Sept. 10	Sept. 16 - 22
V12 #25	Wednesday, Sept. 17	Sept. 23 - 29 Last weekly issue.
V12 #26	To come.	Sept. 30 - Oct. 10 (2 weeks)
V12 #27	To come.	Oct. 11 - Oct. 24 (2 weeks)
V12 #28	To come.	Oct. 25 - Nov. 21 (4 weeks)
V12 #29	To come.	Nov. 22 - Dec. 19 (4 weeks)
V13 #1	To come.	Dec. 20 - Jan. 16 (4 weeks)

Location key

ACC – Ambulatory Care Center, 400 Parnassus
C – Clinical Sciences Building, 521 Parnassus
CL – Campus Library, 530 Parnassus
HSW – Health Sciences West
MU – Millberry Union, 500 Parnassus
N – School of Nursing, enter at 513 Parnassus
S – Medical Sciences Building, 513 Parnassus
VAMC – Veterans Affairs Medical Center, 4150 Clement

Investment Fund Performance

Total rates of return for the UC 403(b), DCP and comparative indices

Ending May 31, 1997

UC Fund/Index	1 Month	3 Month	12 Month	5 Year*	Year To Date
UC Savings Fund	**0.51%**	**1.55%**	**6.23%**	**6.77%**	**2.55%**
US T-Bill (1-Yr)	0.42	1.37	5.60	4.90	2.28
UC Money Market Fund	**0.47**	**1.37**	**5.55**	**4.73**	**2.25**
US T-Bill (30-Day)	0.49	1.36	5.31	4.35	2.21
UC ICCF Fund	**0.62**	**1.86**	**7.61**	**8.02**	**3.06**
UC Bond Fund	**2.59**	**1.23**	**18.53**	**11.89**	**2.63**
Lehman Bros. Gov't/Corp/Yankee	9.30	1.18	8.09	7.34	1.71
UC Equity Fund	**6.16**	**7.92**	**22.86**	**17.11**	**13.35**
S&P 500	6.14	7.80	29.44	18.36	15.42
UC Multi-Asset Fund	**2.91**	**3.68**	**14.20**	**10.98**	**6.22**

* Annualized rate of return reflects average over the past five years.

Unit values for variable funds as of May 31, 1997:

Equity	**$186.91**
Bond	**88.19**
Multi-Asset	**21.08**

Unit values are similar to mutual fund share prices and change monthly to reflect changes in the market value of the fund's underlying investments, inclusive of interest and dividend income. Past performance is neither a guarantee nor a predictor of future returns.

Source: Jerry Neal, UCSF Benefits and Financial Planning

What's Happening

Regular meetings and ongoing support groups

Monday

Art for Recovery: Monday and Thursday afternoons. Cancer Center, Infusion Center, second floor. Call Cindy Perlis at 885-7221.

Drop-in Group for Women Living with HIV/AIDS: Free lunch and beverages provided. A 45. 11 a.m.-12:30 p.m. Call 476-2417 or 476-9289.

Health Professionals in Recovery: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets twice a month. Noon. Call 476-8279.

Friends of Lois Al-Anon: Closed meeting: for friends & families of alcoholics only. Room 521, MCB. After Jan. 1, will meet in Room 3, MCB. Noon. Call 626-5633.

Breast Cancer: J 223, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6-7:30 p.m. Preregistration required. Call Debra Marks at 885-7415 ext. 42529.

Colorectal Cancer Support: Second and fourth Mondays. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:00 p.m. Call 885-7585.*

Melanoma: Meets first and third Mondays for patients and family members. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:30 p.m. 885-7585*

AIDS Health Project Workshop: For anyone dealing with HIV or AIDS in themselves or others. Gazebo Room, Davies Medical Center 7-9 p.m. Call 476-3902.*

Tuesday

SFGH Circle of Sisters: Monthly networking forum for black women working and studying at UCSF/SFGH. Call 206-8314.

UCSF Staff Council Meeting: Third Tuesdays. 11 a.m.-1 p.m. S 609. Call 476-9977.

MHONA: For victims of trauma with cross disabilities. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Helpline at 759-7923 provided daily, 7 a.m.-10 p.m.*

Exercise & Physiology Class for Cancer Patients & Survivors: Mount Zion Cardiac Care Gymnasium. 12:30-1:30 p.m. Pre-registration required. Call 885-3693.*

Gospel Choir Rehearsal at UCSF: At MCB, noon. Call 502-0106.*

Parkinson's Disease Education & Support Group: For people with Parkinson's & their caregivers. Third Tuesdays. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

Parnassus Players: UCSF's theater group meets first Tuesday at Millberry Union Conference Center. Times vary. Call 921-3231.*

Nurses' Pain Association Meeting: Second Tuesdays. 5:30-7:30 p.m.* Call 476-6100 ext. 40225 for location and topic.

Women's Psychotherapy Group: Langley Porter. 6:00-7:30 p.m. For eligibility requirements and registration call Elaine 931-1958.

Gynecological Cancer: 6:00-7:30 p.m. For location and registration call Debra Marks at 885-7415 ext. 42529.

Obsessive Compulsive Disorder: First and third Tuesdays. 7:30–9:45 p.m. C 517. Call David at 566-8406.

UCSF Leukemia Society Family Support Group: Families and patients welcome. Second Tuesdays, 6-7 p.m. Room S-170. Call facilitators first at 476-4052 or 476-5965.

Brain Tumor: First Tuesdays. C 130. 7:00-8:30 p.m. Call 284-0208.*

Gay Men's Therapy: Tuesdays, 6-7:30 p.m. Call 353-7277.*

Wednesday

Gay, Lesbian, Bisexual Association at UCSF Meeting: Second Wednesdays. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

Family/Friends of Those with Mental Illness: Call Laura Deering-Mayclin at 476-7394.*

Latin American Campus Association Meeting: Second Wednesdays. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

Latin Women Coalition: For Latina faculty, staff and students. Noon-1 p.m. Call 476-7117.*

Parnassus Al-Anon: For friends and families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

Tai Chi Classes: Staff welcome. UCSF/Mount Zion Cancer Center. Healing Garden, 2356 Sutter. 12-1 p.m. 885-3693.*

Elder Care Resource Class. Wednesdays 12:00-1:00 p.m. C 258 and Thursdays, 11 a.m.-noon, Room 3 Mission Center Building. Call Jane Mahakian, 476-2692.

Alcoholics Anonymous: Closed meeting: Conference Room 3, first floor, MCB. 12:05 p.m. Call 621-1326.

MHONA: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. See Tuesday listing.

Trauma/Injury: First and third Wednesdays. SFGH Library, Bldg. 30, room 3101. 2:30-4 p.m. Call Laurie Barkin at 206-8402 or Dr. Yigal Ben-Haim at 753-1000.

Cultural Diversity Enhancement Committee: Third Wednesdays. 3-4 p.m. L 169. Call 476-2252.

General Cancer: Room J 223, UCSF/Mount Zion Cancer Center, 2356 Sutter St., 5-7 p.m. Call 885-3693.

Woman Incest Survivors: Must attend for one year. 5:30-7 p.m. For screening, call 476-7526 or 476-7085.

San Francisco City Chorus Rehearsal: 7 p.m. Call 765-SONG.

Eating Disorders: Open to anyone dealing with an eating disorder in themselves or others. Meets first and third Wednesday. M 688. 7-8:30 p.m. Call 332-3425.*

Co-Dependents Anonymous: 12-step program for people with dysfunctional relationships. A119, LPPI. 8-9:30 p.m. Call 432-3529.*

Long-Term Psychotherapy: Meets 5:30-7 p.m. Contact Elaine at 476-7442.

Thursday

AWAKE: Support and education group for people with sleep apnea and their families. Third Thursdays. Bring CPAP equipment for check-up. Call 885-7886.*

Dance Therapy for Cancer Patients: Mount Zion cardiac care gymnasium, 10:30 a.m.-noon.Registration required. Call 885-3693.

Gospel Choir Rehearsal at UCSF: Weekly rehearsals at Parnassus. Noon. Call 502-0106.*

Black Caucus: First Thursdays. Noon. Call KING hotline at 502-KING.

Head & Neck Cancer Surgery: Separate groups for patients and families meet on second and fourth Thursdays. J 221, UCSF/Mount Zion Cancer Center, 2356 Sutter. 1-2 p.m. Call first 885-7623.*

Support for Women Living with Life-Altering Illness: Alternate Thursdays. 6-8 p.m. Call 775-2854 to pre-register.*

Friday

Circle of Sisters: Networking forum for black women working and studying at UCSF. Second and third Fridays. Noon-1 p.m. Call 502-5666.

Weight Watchers: S 159. Noon-12:45 p.m. Call 476-3904.*

Alcoholics Anonymous: Closed meeting: C 417. 12:10-1 p.m. Call 621-1326.*

Goldman Institute on Aging Caregiver Support Group: First Fridays. $10 per meeting. 3330 Geary Blvd. 2-4 p.m. Call 986-2305.

Prostate Cancer: Second and fourth Fridays, 6-7:30 p.m., J 223, UCSF/ Mount Zion Cancer Center, 2356 Sutter St. Registration required. Call 885-7415, ext. 42508.

For information on 12-step and support groups, call the Bay Area Self-Help Center at 772-4357 or the Mental Health Association of San Francisco at 882-6230.*

*OPEN TO THE PUBLIC

Newsbreak deadline

Wednesday, June 25 is the deadline for items to be listed in the next week-long calendar, which covers July 1-7, 1997. Complete information must be received in our office in writing by 11 a.m. on that Wednesday. Send information for calendar items to Nancy Heller at (nheller@itsa.ucsf.edu), mail it to Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-8810. To submit information for Newsbreak/Medsounds send email to Lisa Cisneros at (cisnero@itsa.ucsf.edu), or fax it to her at 476-3541.

Breast cancer screenings

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.Women need the approval of their physician, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $75. Call 476-2193 between 9 a.m. and 3 p.m. to make an appointment. Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Wednesday, June 25, Lakeshore Plaza.
- Friday, June 27, Parnassus.
- Monday, June 30, Taraval St. between 17th & 18th avenues.

UPCOMING EVENTS

Art exhibit heals

Quilts created by more than 100 breast cancer survivors and artwork made by UCSF patients facing life-threatening disease will be on display through Monday, June 30 in an exhibition focusing on the power of art in the lives of those who are ill at the Interim City Hall, 401 Van Ness Ave., fourth floor.

"Art on the Front Lines of Healing" is part of the Breast Cancer Quilt Project, sponsored by Art for Recovery at UCSF/Mount Zion and presented by the Art Commission Gallery of the San Francisco Art Commission.

For more information about the Breast Cancer Quilt Project, contact Cindy Perlis at 885-7221. For more information on the exhibit, call 255-3474.

Night at the symphony

The UC Alumni Association in conjunction with the San Francisco Symphony presents an all-UC night at the symphony, Thursday, June 26 at Davies Symphony Hall on Grove Street, between Van Ness and Franklin Street. A pre-concert reception runs from 6 to 7:30 p.m. and the symphony, led by Michael Tilson Thomas, performs at 8 p.m. The deadline to order tickets for this event is Friday, June 20. Call 864-6000 and ask for "all-UC night."

Senior programs

A variety of free classes for seniors is available during July and August through the Brown & Toland Wellness Programs at UCSF, Mount Zion and California Pacific Medical Center. "Maintaining Control of Your Health Care Decisions," "Back Care and Pain Management," and "Earthquake Preparedness" are just a few. For more information on senior programs, call 800/CALL-MDS and for non-senior programs, call 749-4062.

Academic Senate to hear pros and cons of merger

A special UCSF Academic Senate meeting has been scheduled to address the implications of the proposed merger between UCSF and Stanford University.

All faculty have been invited to attend a discussion of the academic and educational issues surrounding the formation of UCSF Stanford Health Care on Tuesday, July 8 from 4 to 6 p.m. in Cole Hall.

The meeting will host speakers who are in favor and who oppose the merger.

Poetry reading

UCSF Arts & Performances presents a free summer reading sponsored by UCSF Poets on Parnassus on Friday, July 11 at 4:30 p.m. in Toland Hall. Bay Area poets will read from their latest books. Call 476-6761.

Help on the way

"Help on the Way," San Francisco's largest annual musical/variety show benefiting AIDS service providers in the Bay Area, will be held on the evening of Monday, July 14 at the Palace of Fine Arts Theatre. A silent auction will be held at 6 p.m. and the performance begins at 8 p.m.

This year's celebrity performers include television and film stars Jill Eikenberry and Michael Tucker and Broadway Tony award winner and film star Robert Morse. Available to the general public, tickets range from $50 to $2,500.

"Help on the Way" is produced by The Richmond/Ermet Foundation and proceeds will benefit several programs included in UCSF's AIDS Patient Care Services – Ward 86 at San Francisco General Hospital, the UCSF AIDS Health Project, and Services for Women and Children. For more information, call 273-1620.

Video highlights successful community intervention

An award-winning training video documenting a community level intervention created last summer by homeless, punk youth and outreach workers in San Francisco will be shown Tuesday, July 15 at noon in the 11th floor seminar room at the Institute for Health Policy Studies, 1388 Sutter St. Developed by the San Francisco Department of Public Health-AIDS Office in cooperation with the Haight-Ashbury Youth Outreach Team, "Straight Dope: The Making of A Community Level Intervention," documents how the youths develop their own sub-culture specific HIV prevention program and launch a peer run secondary needle exchange program. For more information, call 476-4921.

Parnassus blood drive

A blood drive is scheduled for Wednesday, July 16, from 9 a.m. to 5 p.m. at MU Conference Center. Donations are accepted any weekday, from 8 a.m. to 7:45 p.m. or Saturday, 9 a.m. to 4:30 p.m. at UCSF's Blood Donor Center, Room 131, Long Hospital. For more information and appointments, call 476-6989.

Childbirth film series

The next series of films sponsored by Great Expectations for Women's Health begins on Wednesday, July 16 with "Childbirth Choices: Options for Labor and Birth." For location, call 476-MOMS. On Wednesday, Aug. 6 there will be a showing of "Birth Alternatives: Adapting Home Birth Methods to Hospital Birth." Great Expectations sponsors many other educational opportunities for expectant parents at the UCSF Birth Center at 400 Parnassus. For a schedule of additional classes and registration, call 476-6667.

AIDS Walk

Help in the fight against HIV by participating in AIDS Walk San Francisco, a 10 K walk in Golden Gate Park on Sunday, July 20. The event, which begins at 10:30 a.m., raised more than $3 million last year for Bay Area AIDS organizations, including the UCSF AIDS Health Project. Funds raised from the walk support vital services to people with HIV and AIDS and their extended families, such as emergency financial assistance, crisis intervention and a hot meal program.

All walkers who turn in $100 or more are invited to the AIDS Walk "Thank You Celebration," hosted by the San Francisco Marriott on the evening of Sunday, August 31. All participants receive a free T-shirt. Sign-in begins at 9:30 a.m. UCSF is co-chair of this, Northern California's largest AIDS fundraising event. To obtain registration cards for friends, family or neighbors, call Martha Geraty of UCSF Public Service Programs at 476-4394. For other information, call 392-WALK.

When two jobs are worth singing about

By BRAD FOSS

UCSF PROFILE

As communications manager at the Center for the Health Professions, Elizabeth Lynch writes and edits a national newsletter, updates information on the center's website and works closely with UCSF News Services, which pitches the center's news to external media.

Outside of her day job, however, Lynch is busy perfecting her own pitch — the one in her voice.

A lyrical soprano, Lynch is an active singer for Bay Area opera and musical theatre productions. Last week, she played the role of Laetitia in Arthur Sullivan's (of Gilbert and Sullivan) "The Zoo," which was performed at the 4th Annual International Gilbert and Sullivan Festival in Berkeley. She has performed professionally in more than 20 productions and orchestral engagements in California, Colorado, Boston and England.

"I kind of lead a double life," she says. "Whenever I'm not working at UCSF, I'm practicing or performing or trying to get more work."

Lynch began studying music as a teenager and like others interested in theatre at that age got her start in school-sponsored productions of shows such as "Camelot" and "Brigadoon."

Since graduating college with a bachelor of arts in music and literature from the University of Denver, Lynch has done brief stints as a full-time performing artist, but has worked primarily in the public relations field. She was an apprentice artist with the Marin Opera in 1989 and, technically speaking, continued her involvement with opera the next year, taking a job in the press office of the San Francisco Opera.

But, she says, working behind the scenes ultimately did not satisfy her emotional attachment to music and the stage. The constant interaction with opera singers made it clear that she "really wanted to be doing what they were doing." Before long, she earned a place in the chorus of the San Francisco Opera's performance of "Boris Gudonov," by Modest Petrovic Mussorgskij. "That was the biggest audience I've ever performed for," she recalls.

Since her Bay Area debut, Lynch has worked with Opera San Jose, Lamplighters Productions, and the Marin Opera. Her many roles have included Belinda in "Dido and Aeneas," Lady Saphir in "Patience," and the second lady in Die Zauberflute.

"I've always loved classical music more than pop music," she says.

Joining UCSF in 1993, Lynch estimates that she spends anywhere between 10 and 15 hours per week in opera-related pursuits.

Whether on or off stage, "my life is pretty much about communication," she says. "It's tiring and sometimes fantastic."

Photo courtesy of Lamplighter's Productions

Elizabeth Lynch, left, in a publicity photo from Lamplighters' 1994 production of "Princess Ida."

One performance she'll never forget was to an audience on a cruise ship off of the Alaska coast. She and her male singing partner kept bumping into one another, she says, as the boat rocked back and forth.

"When you're performing and something goes wrong, all you can do is go with it and that's the fun part. Sometimes it's horrifying and sometimes it's hysterical."

Thankfully, she adds, "I've never had a wig fall off."

Lynch will perform next at Star Classics in San Francisco on Sunday, July 13 at 5 p.m.

Employees eligible for PERS long-term care insurance

All UC employees are eligible to participate in the California Public Employees' Retirement System (PERS) long-term care insurance plan for extended home, community and nursing home care

PERS is offering the special enrollment period for long-term care insurance to all California public employees through June 30. Spouses, parents and parents-in-law of members are also eligible to apply for the long-term care insurance.

A new federal law makes all state public employees and retirees eligible to participate in the Long-Term Care Program offered by PERS, the largest public pension program in the US, with assets of over $100 billion.

After an extensive review of vendor proposals, UC benefits administrators announced last August that the University would not sponsor a long-term care insurance plan because they could not find a plan which would be price-competitive in the current marketplace as well as be responsive to the needs of the University community.

Medicare, MediGap and other health insurance plans do not cover long-term care for chronic and disabling conditions. Many insurance plans will cover skilled care in a hospital, but not the extended care needed as a result of chronic illness or accidents. Long-term care is expensive — ranging from $20,000 a year for home care to $40,000 a year for nursing home care.

Half of all long-term care is paid out-of-pocket by individuals who often drain their savings in the process. It is only after they deplete their own resources that Medi-Cal pays for such care.

To request materials about the PERS long-term care plan, call 1/800/923-9119. Or visit the PERS website at www.calpers.ca.gov, and click on "Benefit Program."

Value of property stolen and recovered at UCSF in 1996

	STOLEN PROPERTY			RECOVERED PROPERTY			
Type of property	University Property	Other Property	Total Stolen	University Property	Other Property	Total Recovered	Percent Recovered
Currency, notes, etc.	$ 4,992	13,285	18,277	0	149	149	1%
Jewelry & precious metals	0	14,240	14,240	0	130	130	1%
Clothing & furs	0	4,796	4,796	0	590	590	12%
Locally stolen motor vehicles	0	24,602	24,602	0	0	0	0%
Office equipment	113,921	27,770	141,691	4.000	8,930	12,930	9%
Televisions, radios, stereos, etc.	2,589	8,263	10,852	0	90	90	1%
Firearms	0	0	0	0	0	0	—
Household goods	237	48	285	0	0	0	0%
Consumable goods	53	51	104	19	0	19	18%
Livestock	64	0	64	0	0	0	0%
Miscellaneous–bicycles	0	16,892	16,892	0	680	680	4%
Miscellaneous–other	50,876	66,904	117,780	5,838	8,945	14,783	13%
TOTALS	**$ 172,732**	**176,851**	**349,583**	**$ 9,857**	**19,514**	**29,371**	**8%**

Source: Annual report and crime statistics, University of California Police Department

Crime (from page 1)

sexual assaults, all of which occured on the Parnassus campus.

As in previous years, property theft is the most reported crime on campus. UCSF saw a 30 percent increase in burglary in 1996, the most significant gain last year according to the crime report. Overall, however, the 522 part-one property crimes, a term the FBI defines as arson and larceny or theft, decreased from a total of 612 such incidents in 1995.

Current crime trends show that the hospitals and clinics continue to be the hardest hit by thieves as employees and patients are more likely than others elsewhere on various campus sites to report stolen goods. The majority of these thefts occurred in Moffitt/Long Hospitals where computers, business machines and small items were reported missing. As many parts of the University are open to the public, police urge employees, visitors and patients to keep valuables secured and out of sight from the temptation of thieves.

As the above chart depicts, the total value of property stolen from UCSF totaled $349,583 but only $29,371— or 8 percent — in property was actually recovered by police. More than half of all the University property stolen was office equipment. It's interesting to note that along with cash, TVs, radios, stereos and other goods, UCSF also reported that two animals valued at $64 were abducted.

UCSF police made a total of 125 arrests in 1996. Mirroring national crime statistics, men are more commonly arrested, outnumbering women 96 to 29. Other than the man arrested for aggravated assault, others arrested in crimes tracked for the FBI Crime Index included eight for burglary and ten for larceny.

Most of the arrests for other offenses last year — a total of 22 — were for trespassing or demonstrations and protests. All but two of those arrested in these cases were affiliated with the University and the disruptions occurred during the UC Board of Regents meetings in opposition to the Regents' 1995 vote to dismantle affirmative action and the proposed merger with Stanford, according to police. Last year, Laurel Heights hosted nine Regents' meetings in which the campus police received aid from officers from other campuses as well as assistance from local agencies.

Arrests were also made last year for simple assault, disturbing the peace, other forms of trespassing, vandalism and public drunkenness, to name a few.

Among other highlights reported last year are:

- The UCSF Police Dept. began the self-assessment phase to gain accreditation with the Commission on Accreditation for Law Enforcement Agencies Inc., which evaluates standards of general management, law enforcement operations and community relations. The department received its accreditation this year.
- Crime reports are now entered directly into a computer system to help generate all monthly statistical reports required by the UC Police System and the California Dept. of Justice.
- A project to identify evacuation sites in emergencies for each campus building was completed.
- A new campus Emergency Operations Center was established and equipped. A designated on-site Emergency Police Command Post also was established to conduct operations in the event of a natural disaster or other unusual occurrence.

DIAS finds latest drug therapy advice

UCSF doctors with questions regarding drug therapy needn't look far for answers.

The UCSF Drug Information Analysis Service (DIAS), a resource for University-affiliated practitioners, uses primary literature to track down answers to questions that are beyond the scope of many standard sources.

That's good news considering that earlier this year UCSF researchers published findings that the Physician's Desk Reference (PDR) — a compendium of everyday medical practice — often contains inadequate, incorrect and outdated treatment information for managing cases of medication overdose. The researchers found that the PDR was deficient in its treatment guidelines for 16 out of 20 medications examined.

Vast improvements have been made in the area of cataloging the most recent, accurate clinical advice, says Gary McCart, clinical professor of pharmacy and director of DIAS. Aided by pharmacists Beth Devine and Candy Tsourounis, pharmacy residents and students, DIAS obtains that information.

From choosing the right drug to proper dosing to evaluating drug interactions, the questions most frequently asked by health care practitioners haven't changed much over the past 25 years. The availability of sophisticated, up-to-date information, however, has improved dramatically.

Under the leadership of Devine, DIAS serves as the primary resource for the support of the medical center's Pharmacy and Therapeutic Committee and Adverse Drug Reaction Program.

DIAS recently began a consumer hotline for Safeway Pharmacy customers and developed a website to provide timely updates on drug information and policy to UCSF practitioners. McCart says DIAS plans to expand upon its knowledge base in the area of alternative drug therapies, an area of intense consumer interest.

DIAS can be reached at 502-9540.

Officials unveil new transition timeline

At the UCSF Medical Center management meeting on June 16, UCSF and UCSF Stanford Health Care officials released a timetable of target dates.
The timeline is as follows:

- **June 16** - Benefit packets mailed to all employees affected by the merger
- **June 18 - July 2** - Benefits meetings at all sites
- **Early July** - Employees who are lease eligible to be notified by UCSF
- **Early July** - Organizational structure and staff decisions of UCSF Stanford Health Care finalized
- **Mid-July** - Obtain approval from the UC Board of Regents
- **July 21** - Letters of employment offered to employees
- **July 21** - Employees who are not selected for employment by UCSF Stanford Health Care will be notified by their current manager
- **July 21** - Employees provided with time to cash out or roll over vacation and comp time to paid time off
- **Late July/Early August** - Open enrollment for UCSF Stanford Health Care benefits
- **Aug. 8** - Deadline for employees to respond to offers of employment
- **Sept. 1** - UCSF Stanford Health Care begins operations

Town hall (from page 8)

with the University does not include classroom teaching, laboratory research or grant money — are not adequately represented. She called for a stronger effort in the future to reach out to these doctors, half of whom are women and who will undoubtedly be affected by this merger.

Warren Gold, professor of medicine and an outspoken critic of the merger, expressed doubts about the actual influence these teams will have. "I hear the involvement, but it feels more like the implementation of a plan we've been given," he said. Gold said he also worries that in the effort to keep costs down for patients, student involvement in medical care will suffer.

"You're worried that we'll keep (costs) down so much that we'll mess up the academic mission," Wintroub responded. "That's something we've all got to be worried about."

Once collected, service line revenues would be distributed to cover physicians' services, operating costs, overhead costs and to support the universities' academic missions. On top of the $20 million already distributed by the medical center to various academic programs at UCSF, the new organization will give $1.25 million to each university as its first line item expense to foster the academic mission.

A portion of the revenues will be re-invested back into the service line. And additional revenues would result in a system of profit sharing between UCSF and Stanford.

Wintroub said the organization's goal is to cut administrative costs by $32 million in the first two years. The total budget for UCSF Stanford Health Care, he said, will exceed $1 billion.

"This (merger) is basically a growth plan for an academic dividend," he said.

"This is not the creation of some entity that isn't us, this is us."

Teams begin to tackle tough issues

Faculty from UCSF and Stanford are joining teams that will be responsible for designing the clinical services of UCSF Stanford Health Care.

Each team has two co-chairs, one member from each campus, and most have eight to ten members comprising faculty and administrators from various departments and administrative offices.

Below are the teams, their objectives and representatives from UCSF.

Academic mission: Define new relationships between UCSF Stanford and the academic institutions.
Bill Wara (radiology oncology)
Theodore Miller (pathology)
Larry Shapiro (pediatrics)
Molly Cooke (medicine)
Mary Croughan-Minihane (epidemiology and biostatistics)
Y.W. Kan (laboratory medicine)

Academic support: Recommend options for funding the academic mission.
Haile Debas (medicine)

Shared expense & budgeting: Identify methods to account for shared direct costs and for allocating overhead.
Sean Mulvhill (surgery)
Nancy Milliken (obstetrics)
Lawrence Pitts (neurosurgery)
Martin Bogetz (anesthesia)
Roy Gordon (radiology)
Lynda Jacobsen (pathology)

Subsidies & strategic support: Identify current levels of support between clinical activities; choose priorities for going forward.
Theodore Schrock (surgery)
Tom McAfee (medicine)
Gene Washington (obstetrics)
Claire Brett (pediatrics)

Incentive structures: Reward appropriate clinical practices; align physician and institutional goals.
David Bradford (orthopaedic surgery)
Peter Carroll (urology)
James Mailhot (medicine)
Robert Wachter (medicine)
Susan Wall (radiology)

Physician transfer pricing & productivity: Identify and adjust an RVU-based method for measuring and rewarding physician output.
Nancy Ascher (surgery)
Neal Cohen (anesthesia)
Jonathan Rodnick (family and community medicine)
Mark Welton (surgery)
Ernie Ring (radiology)

Service line selection & design: Select service lines for market presentation; design clinical organization of service lines; identify pilot service lines for clinical implementation.
Lee Goldman (medicine)
Ron Arenson (radiology)
Robert Schindler (otolaryngology)
Laure Esserman (surgery)
James Ostroff (medicine)

Physician organization: Organize new joint UCSF Stanford physicians' group.
Russ Laros (obstetrics)
Richard Odom (dermatology)
Steve Hauser (neurology)
Mark Singer (otolaryngology)
Patrick Treseler (pathology)

Professional fee billing: Evaluate and select a fee-billing plan for the new professional organization.
Ron Miller (anesthesia)
Mitch Berger (neurological surgery)
Jeffrey Pearl (surgery)
Jeffrey Katz (anesthesia)

Agreements (from page 8)

and records.UCSF Stanford Health Care also will agree to assume all liabilities of the clinical activities at the parent universities after the transfer of assets.

Schools of Medicine Affiliation

This agreement will require the new corporation to support the education and research mission of both universities. UCSF Stanford Health Care will agree to support the schools of medicine through financial support, by providing a clinical teaching environment, and by reinvesting earnings from clinical activities in UCSF and Stanford academic programs.

The agreement will designate the UCSF and Stanford schools of medicine as the exclusive medical school affiliates of the merged medical center. In return, the two universities designate UCSF Stanford Health Care as their principal, non-governmental affiliate for providing hospital facilities, clinics, and programs needed to accomplish the academic mission of the medical schools.

Any significant changes in existing patient care programs will be jointly considered by the appropriate service chief at UCSF Stanford Health Care and by the department chairs at both universities, according to the agreement. The merged medical center's executive leadership group, which includes both medical school deans and other faculty members, will hold the authority to approve the changes.

The existing clinical enterprises at UCSF and Stanford provide significant financial support to specific programs of the medical schools. Under the affiliation agreement with the schools, any reduction in funding provided by the merged medical center can occur only after extensive consultation with the deans and the affected academic departments.

UCSF Stanford Health Care also will provide unrestricted funds to the medical schools by continuing to collect a "dean's tax" on professional revenues and by establishing an additional annual contribution from the merged medical center based on overall financial performance. During the first year of operation, the merged medical center will guarantee to pay $1.25 million to each school and will pay up to an additional $1.25 million based on operating income levels.

The affiliation agreement will make the parent universities responsible for all grant applications for research to be conducted at UCSF Stanford Health Care. Each medical school also will remain responsible for the direction, quality, and content of teaching programs conducted at the merged medical center.

Professional Services

Faculty members, residents, and postdoctoral fellows will remain employees of the separate schools of medicine. Under a professional services agreement, UCSF Stanford Health Care will enter into an agreement with each school for professional services of physicians and other academic personnel.

Under the agreement, the new enterprise will set prices and contract for professional services and will be responsible for the billing and collection of all clinical income.

The agreement will include all paid faculty, staff physicians, and residents and will exclude UCSF physicians in practices at SFGH, the SF VA Medical Center and UCSF Fresno.

Affiliation with other UCSF Professional Schools

As with the affiliation agreement with the medical schools, these agreements will be designed to provide a clinical environment for training students and residents in the UCSF schools of dentistry, nursing and pharmacy. The agreements will ensure that the new organization supports the teaching and research needs of each school.

UCSF Stanford Health Care and the UCSF School of Dentistry intend to establish a strong dental presence at the merged medical center's facilities and to work toward making the Palo Alto site an important referral center and primary care and tertiary care facility for dental services.

The merged medical center will make a fixed payment to the UCSF School of Pharmacy in the first year of operation as compensation for the anticipated level of professional services and products provided to the merged medical center.

UCSF Stanford Health Care and the UCSF School of Pharmacy also will share the cost of the salary of a director of pharmaceutical services, who will be an employee of the merged medical center but will consult with and report to the dean regarding training and education issues.

UCSF Stanford will make a fixed payment to the UCSF School of Nursing during its first year of operation to support education obligations and as reasonable compensation for services provided by the school.

Future payments to the schools will be established in the annual budget process and in consultation with the deans.

Leases

Most of UCSF Medical Center's existing facilities will be leased to UCSF Stanford Health Care on a long-term basis. Forty-year leases will make available the Moffitt-Long hospital buildings, the Crede Ambulatory Care Center, UCSF/Mount Zion, and medical office buildings at 2330 Post St. and 1701 Divisadero St.

Benefits (from page 8)

Stanford Health Care. In the future, a leased employee who accepts a promotion to supervisor by UCSF Stanford Health Care would then become an employee of that organization.

Lopez said employees will be able to discuss their options at benefits meetings at UCSF. And since employees who choose to be leased to the new organization can change their minds in the future, Lopez advises those eligible to take advantage of the leasing option if they are uncertain what to do in the short-term.

Simply put, among the major differences in benefits offered to prospective UCSF Stanford Health Care employees are:

- They will now pay a monthly fee for spouses in all medical plans with a low of $29.16 for Kaiser, one of three HMO plans offered by the new organization, and a high of $88.62 for the Blue Shield POS Plan, a plan that offers three levels of coverage and is most similar to UC Care.
- Co-payments for all HMO plans will increase by $5 for a visit to the doctor and $2 for prescription drugs.
- They will have an unlimited lifetime maximum for medical plan coverage, instead of the $2 million cap offered by UC.
- They will pay $4.62 a month for dental coverage for their spouse in Delta Dental's indemnity plan. This monthly rate does not increase for children also covered by the plan.
- All paid time off, accrued based on length of service as well as scheduled hours worked, will be held in a single paid time off (PTO) "bank" up to a maximum of 1,040 hours. UCSF employees who accept job offers will be given a choice to cash out or to convert their vacation and comp time into the PTO plan. Half of unspent sick leave will be moved into the PTO plan and the other half will be held in an extended sick-leave bank for use during a long-term illness.
- They can receive $10,000 increments up to a maximum of 10 times of salary or $500,000 for employee-paid accident insurance coverage, instead of a cap of $400,000 for accidental death and dismemberment offered by UCSF.
- They can receive a maximum monthly payment of $8,000 for long-term disability to age 65, rather than a monthly limit of $10,000 up to age 70 at UCSF.
- UCSF Stanford Health Care will provide staff with a defined contribution retirement plan and will contribute 5 percent of their pay each year to the plan. Employees can add up to 4 percent of their own contributions, which will be matched dollar for dollar by the new organization for a maximum in this plan of 13 percent of their salary each year. Employees choose how the money in their retirement account is invested.

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UCSF Stanford Health Care officials outline employee benefits package

By LISA CISNEROS

UCSF Stanford Health Care officials updated UCSF management staff on progress toward the Sept. 1 start-up of the new enterprise and outlined a comprehensive benefits package to be offered to employees.

During an hour-and-a-half long UCSF Medical Center management meeting at Cole Hall last Monday, Peter Van Etten, CEO of UCSF Stanford Health Care, briefly updated managers on recent activities. He said that those working on several fronts to merge patient care operations of the two universities have "helped us to feel confident regarding the benefits of the merger." For example, a team that has been analyzing the business plan for UCSF Stanford Health Care has reconfirmed projections that the combined academic medical center is expected to realize significant revenue growth and an increasing share of the highly competitive health care market.

Bill Kerr, chief operating officer, is leading an effort to define the organizational structure so that all four sites involved in the merger will coordinate operations as a single enterprise. In addition, UCSF Stanford Health Care officials continue to work with unions and other bargaining units to address labor concerns, Van Etten said.

Van Etten added that much of his attention has focused on responding to four pending state legislative bills, that together, would obligate the new organization to comply with three acts: the Fair Political Practices Act, the Public Records Act and the Open Meetings law. "We are seeking a compromise that would ensure that public accountability is maintained," Van Etten said, adding that he remains hopeful that these issues will be resolved.

The new health care organization mailed to UCSF employees last week a packet of information, including a nine-page chart describing benefits employees will be entitled to if they are offered and accept jobs with UCSF Stanford Health Care and comparing them with those currently offered by UCSF. Employees who are benefit-eligible at UCSF are eligible for benefits offered by the merged organization.

An employee benefits help line staffed by benefits counselors is available at 656-4545 and benefits sessions will be held at several UCSF sites through July 2. (See adjacent story.)

Job offer letters and benefits enrollment information will be mailed out by mid-July and will contain more detailed information about health care options, new savings and retirement plans and other benefits. Employee responses to these job offers are due by Friday, Aug. 8.

Any employee who is not offered a job will be notified by their current manager. As a result of vacancies and the workforce agreement, the new entity is expecting a minimum of job losses.

Benefits in brief

Felix Barthelemy, vice president of human resources for the new organization, and Randy Lopez, UCSF human resources director, took turns answering questions about the various benefits as well as the plan to lease a specific group of UCSF employees. About 1,000 UCSF employees are lease-eligible. Those eligible for leasing must be non-management/non-supervisory employees and be age 40 or older with at least 10 years of UC Retirement Plan (UCRP) service or age 50 or older with at least five years of UCRP service.

UCSF employees who meet the above leasing criteria will be notified by UCSF next month. They will have a choice of either remaining a UCSF employee subject to existing terms and conditions of University employment and benefits or accepting employment with UCSF

(See **Benefits** on page 7)

UCSF hosts forums about new benefits

Staff benefits forums have been scheduled to provide additional information and answer employees' questions about UCSF Stanford Health Care benefits.

Human Resources representatives from both the UCSF Medical Center and UCSF Stanford Health Care will attend. Below is a schedule of the forums.

- **Wednesday, June 25**
  12-1:30 p.m., MCB, Room 126
- **Thursday, June 26**
  9:30-11 a.m., Parnassus, N 225
  12-1:30 p.m., UCSF/Mount Zion, Herbst Hall
  3:30-5 p.m., Parnassus, N 225
- **Friday, June 27**
  8-9 a.m., UCSF/Lakeshore, 1569 Sloat Blvd., Suite 314
  12-1:30 p.m., Parnassus, N 225
- **Tuesday, July 1**
  1-2:30 p.m., Oyster Point, Purchasing Conference Room
- **Wednesday, July 2**
  8-9:30 a.m., Parnassus, Cole Hall
  11:30 a.m.-1 p.m., Parnassus, Toland Hall

UCSF Stanford Health Care promotes service line strategy

By BRAD FOSS

A top official at the fledgling UCSF Stanford Health Care explained to a small group of UCSF faculty on June 12 that its strategy for delivering medical care is taking shape, but that the new organization is still very much a work-in-progress.

The most significant change will be the expansion of "service lines," or inter-departmental groupings of specialized care intended to simplify the process of care for patients, said Bruce Wintroub, chief medical officer of the new organization. He said another major task in the coming months will be developing a funds flow mechanism that aligns physician and institutional incentives, rewards appropriate clinical practices, and ensures a hospital environment supportive of academic medicine.

UCSF's existing cancer and pediatrics services are good examples of the service line model of operation, Wintroub told the audience of about 40 who attended the special "town hall" meeting.

"The idea would be to create processes of care" in which departments become part of a variety of service lines, he said. "We want to organize UCSF Stanford Health Care as our patients look at us."

To achieve this, 80 faculty members representing UCSF and Stanford (see accompanying list) have created clinical integration teams to serve as organizational advisers in the development of new service lines to be piloted in the first few years. Other teams will grapple with the details of funds flow, subsidies, incentives, productivity, organization, billing, and the effects of integration on the academic mission. Recommendations from most of these teams, with the exception of funds flow, are expected by the end of July.

Team members from UCSF were chosen by the clinical practice organization and the faculty council. Diane Wara, professor of pediatrics and the School of Medicine's associate dean for women and minority affairs, believes full-time clinical faculty — those whose affiliation

(See **Town hall** on page 7)

Regents discuss merger aggreements

By BILL GORDON

The UC Board of Regents received a report Thursday on the status of a series of agreements that will define the mission and detail the scope of the merger of clinical services at UCSF and Stanford University in a new, nonprofit public benefit corporation known as UCSF Stanford Health Care.

The Regents will be asked to approve the agreements at their regular July 17-18 meeting. The new merged medical center is scheduled to begin operation on Sept. 1.

Key agreements that must be approved by the Regents and the Stanford Trustees include the following:

Consolidation

The consolidation agreement identifies the facilities and clinical activities to be merged on Sept. 1 — including UCSF Medical Center, UCSF/Mount Zion, Stanford University Hospital, Lucille Salter Packard Children's Hospital at Stanford, and the clinical practices of the medical school faculties.

UCSF's Langley Porter Psychiatric Institute will not be included in the merger.

The consolidation agreement will spell out the information the merged medical center must provide to the parent universities and the public. These documents and reports include monthly financial statements and annual audited financial statements; reports regarding significant changes in medical programs; statements of borrowing and debt service; federal and state corporate tax returns; and the compensation of the UCSF Stanford Health Care's five highest-paid employees.

Workforce

As a closing condition of the consolidation agreement, UCSF and Stanford will require UCSF Stanford Health Care to offer employment to at least 95 percent of the employees affected by the merger.

Additional conditions of the agreement will require UCSF Stanford Health Care to do the following: pay employees a salary equal to what they earned as employees of UCSF or Stanford University; recognize an employee's length of service at UCSF or Stanford; allow employees to transfer accrued compensatory time, vacation, and sick leave balances; require no probationary period for employees who successfully completed a probationary period at UCSF or Stanford; and provide health, dental, vision, disability, life insurance, and retirement plans.

A second workforce agreement will be a closing condition of the consolidation agreement and will allow some UCSF employees whose job functions are transferred to the merged medical center to remain UCSF employees and to be leased to UCSF Stanford Health Care.

The employee-leasing arrangement will allow older individuals with longer service at UCSF to remain in the UC Retirement Program.

(See benefits story for more details on leasing.)

Assignment and Assumption

Under the terms of this agreement, UCSF and Stanford will agree to transfer to the new entity specific assets, including equipment, leasehold rights, cash, medical center accounts receivable, investments, contract rights, and books

(See **Agreements** on page 7)

Nutritionist helps diabetics strike a balance

One of the most common misconceptions about diabetes, even among people with the disease, is that sugar intake should be avoided at all costs.

So, if there's one message that Sherri Thibeaux, UCSF nutritionist, tries to convey to some 30 to 40 patients per week at the UCSF Diabetes Clinic, it's that "there's no shame in eating a cookie." That statement holds true, of course, as long as the patient is knowledgeable about the delicate balance they should maintain between sugar (a carbohydrate) and insulin intake.

Unfortunately, many diabetics live under strict nutritional guidelines that are both unrealistic and unnecessary, says Thibeaux, who holds a BS in nutrition and dietetics from UC Berkeley. During thrice-monthly classes for children and adults, she provides diabetics with the tools they need to self-manage their diets.

"By giving them this knowledge it helps lift their fear of the disease," she says.

For lifting this dark cloud of fear and misinformation from her patients' lives, and instilling confidence in them to master their own dietary needs, Thibeaux has earned our THANKS.

"Management of nutrition is the cornerstone of therapy for people with diabetes," says Carol Porter, director of nutrition services.

Thibeaux has been a diabetes specialist at UCSF for seven years. For patients with type-2 diabetes, or insulin resistance, weight loss can be a helpful part of treatment. Thibeaux teaches these patients how to maintain low-cholesterol and low-fat diets.

Thibeaux

"We want the patient to have the active role in their diabetes care," she says. Porter says Thibeaux's ability to instill confidence in diabetics is a boon to the University.

"Many of those families choose to come to UCSF for their health care after finding out how knowledgeable and practical Sherri is," Porter says.

THANKS!

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